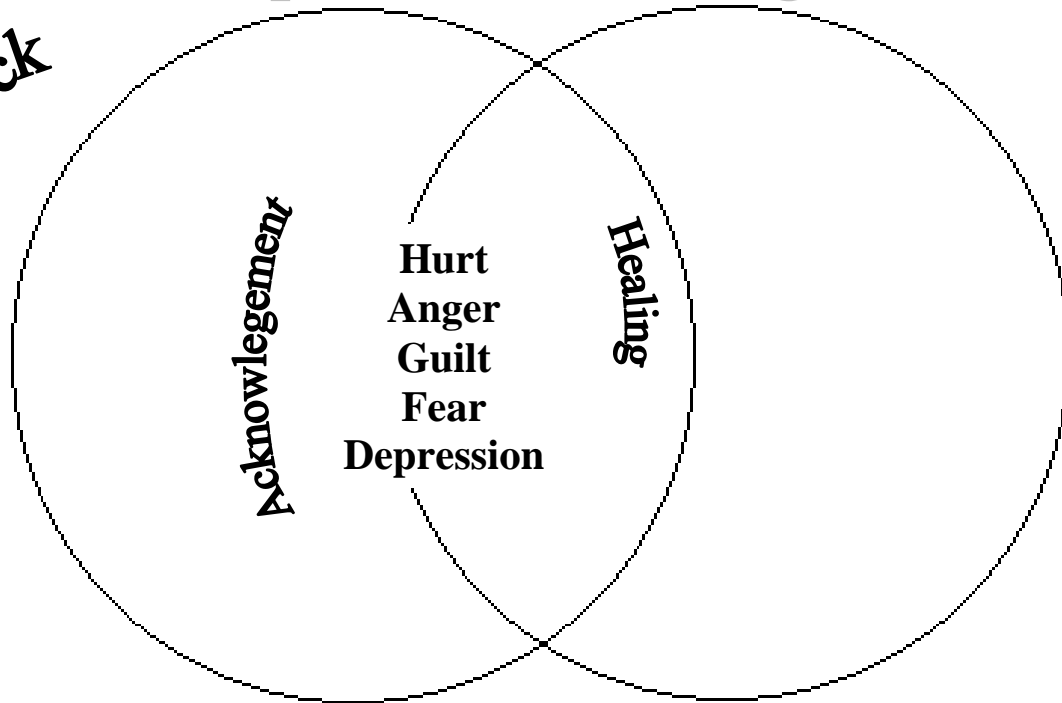


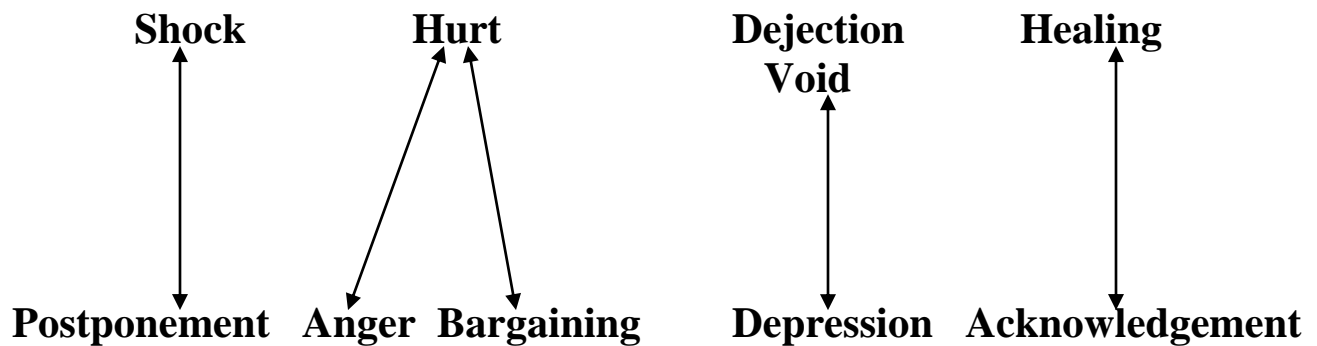
Adaptation to Change

Shock



GRIEF

ADAPTATION



It is impossible to go through change with a loved one without occasionally feeling anger and resentment... not only at the fates which did this to you, but also at the person who is draining your strength. If this anger is recognized, it can become a source of strength... not a debilitating wound.